### "Keeping Conestoga College connected"

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Myrna Nicholas, clerk in the student services office, holds up food vouchers that help supplement the student food bank.

## Students shy about handouts

By Heather M. Graham

Students are uncomfortable with the current process of obtaining food from the student food bank, said DSA director of student life Nada Swan.

"Many students are ashamed about the whole process because there is a pride factor attached to obtaining or needing food," Swan said.

There is still confusion by students as to what the student food bank is and who they should consult to gain access to it.

The student food bank was set by the DSA and student services to help students cope with financial burdens.

Myrna Nicholas, clerk in student services, said students have the option of going to the DSA for any non-perishable food items, or to student services where they can receive food vouchers.

She said vouchers are for fresh food products such as milk or vegetables. They come in denominations of \$5, \$10 or \$20 she said.

vouchers," said Nicholas. "You can't buy cigarettes with them.'

She said the vouchers are based on need and can supplement the food bank.

She said the process in student services is to schedule an appointment with a counsellor at which time the student's situation can be assessed.

Swan said students who seek help from the DSA are not questioned or assessed. Another problem, said Swan, is the

food banks location. She said it is currently located at the back of the DSA office and students have to walk through the office to get to it.

Last year, she said, the food bank was located in a maintenance room for physical resources. This location, she said, had easier access and privacy.

Swan said only a select few had a key to the room however, and students had difficulty finding someone to let them in.

Jack Fletcher, chair of student services, said it is important that students realize the DSA is responsible for collecting the "There are restrictions on the use of the food for the bank and supplying money

He said enhancing services by increasing food drives and vouchers makes the

DSA more relevant to students.

"The student food bank is a students helping students service," said Fletcher.
"It's an ideal situation where student services supports the DSA.'

Fletcher said he can see an increase in demand for food because of cutbacks to social welfare.

Nicholas said she feels the demand has increased already.

"Some students needed food within the first two weeks of school," said Nicholas. "The DSA has increased the amount of money for food vouchers as well."

Swan said the DSA strives to review and improve its services.

She said the DSA has tentatively planned food drives for December and

"We all go through times when we need support from others. Students should not feel ashamed of needing help," said

# This week

German delegates visit Conestoga College

A group of 15 professional trainers from different industries in Germany visited several campuses at Conestoga to learn about our training systems for possible application in their country.

For details see page 2

Board of directors discusses foot patrol

The board of directors discussed the possibility of having a foot patrol at the Tuesday, Oct. 24 meeting. Also, updates were made on the air hockey table and the DSA

For details see page 3

Alumni student president makes a difference Sarah Leitch, the newly elected alumni student president, has many connections to the college and wants to make a difference through her involvement.

For details see page 6

Conestoga student fights back

The new Ontario provincial government, under the leadership of Mike Harris, is making massive cuts in social services. Social services student Andrea Robinson said she is determined not to sit around and watch it happen.

For details see page 7

Student services offers self-esteem workshops Student services are offering five self-esteem workshops. Joan Magazine and Helen Brown organized the 10 hours of workshops that began Oct. 31 and will run until Nov. 28.

For details see page 7

Cafeteria tries to mix value and selection

The cost of eating at the cafeteria at Doon comes from off-campus sources. District managers are more involved in the decision-making process about prices than campus management says Gerry Langis, Beaver Foods unit manager at Doon campus.

For details see page 8

Brantford man sitting on a gold mine

tricks.

Scott Bahry, 26, opened his own store, Hippy Heaven, four months ago and is planning to retire at 35. Bahry shares his thoughts on taxes, business secrets and owning too many shoes.

For details see page 9

### Comedian Rick Bronson tickles funny bones Comedian Rick Bronson left students in stitches at the nooner on Tuesday, Oct. 24, in the student lounge. Bronson, who comes from Edmonton, Alberta, thrilled the audience with one-liners, impersonations and magic

For details see page 10

For details see page 11

Dance Me Outside, an inside look at native life In one of the finest Canadian movies in years, director Bruce McDonald offers us an inside look at life on the reserve through the eyes of budding writer Silas Crowe.

Women's soccer team's hopes crushed

A 4-3 semi-final loss at the hands of Seneca crushed the women's soccer team's hopes of a national champion-

For details see page 12

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### Fears, concerns aired at Board of Governors meeting

By Kean Doherty

The upcoming provincial budget and Canadian unity were just two of the topics discussed at the Board of Governors meeting held Monday, Oct. 23.

While there is a lot of speculation as to what cuts the government will pass down to the college system in general and Conestoga College in particular, several members expressed concern about the college's plans once the cuts come into

Board member Ted Goddard explained that such institutions as the University of Guelph and the two Waterloo universities had committees in place to discuss the coming changes. Conestoga does not.

College president John Tibbits said Conestoga has no committee because of the sketchy information and lack of any pre-budget speculation at Queen's Park.

If it's a disaster on November 23 then is board can make a statement," Tibbits said.

As for the unity debate, Tibbits said he was concerned about the referendum that was to take place Oct. 30.

"As a native Quebecker, I hope that the vote does not produce a positive result for the Yes side," said Tibbits.

In other business, delegates from the Conestoga United Way campaign gave a speech outlining the college's involvement and projected donations. Bill Jeffrey and Jeanine Hoover said the "Fighting for United Way" sumo wrestling competition was a rousing success and a good kick-off to this year's campaign.

They hope the college will surpass this year's donation target of \$25,000. Last year the campaign only missed the mark

Hoover said the organization wants to get more students on the United Way

She said students are more involved this year than any other.

The college is ranked 10th of 22 schools

in donations, said Jeffrey, and with the extra donation jars around the school and the proceeds from a charity bingo he hopes the ranking will go up.

President Tibbits officially welcomed the resource development committee director, Wayne Hussey, on board.

Tibbits said Hussey will "run full speed" with his fund-raising duties and already has innovative ideas for the col-

Tibbits said Hussey's knowledge and expertise could also help fund Skills Canada competitors in future endeavors.

The college is experiencing difficulty in funding trips to such places as Lyon. France, where a number of students are competing now.

Also discussed was Hussey's idea for obtaining affinity cards through credit companies. Tibbits said MasterCard and Visa cards could be affixed with the college logo and a percentage of sales incurred on the cards would go to college

## **News Briefs**

### Volunteers needed

 The Doon Student Association is seeking volunteers for the annual DSA Remembrance Day service. Students who are interested can see April-Dawn Blackwell in the DSA office for more information. Ideas and suggestions are also welcome.

### Youth exchange program

Canada World Youth, a non-profit organization that has co-ordinated international exchange programs for youth since 1971, is now accepting applications for its 1996-97 programs. To obtain an application form, contact Canada World Youth at 386 Bloor St. W., Toronto, M5S 1X4, or telephone (416) 922-0776. The application deadline for 1996-97 programs is Nov. 10.

### Self-esteem workshop

 Student services is offering self-esteem workshops every Tuesday from Oct. 31 to Nov. 28. Anyone interested in attending can sign up in the student services office. Ask for Myrna or Elaine.

### Discussion forum

• Student services is offering a forum for students affected by the recent cuts in family benefits by the provincial government. It is scheduled for Nov. 8 at 3:30-4:30 p.m. in room 2A63.

### Christians on Campus

 Christians on Campus is a new religious group open to students at the Doon campus. Meetings will be held on Wednesdays in room 2A of the special needs office. For further information call Carey Ruby at 748-4394.

### CORRECTIONS

In the Oct. 30 issue of Spoke Kristine Gemmell's name was spelled incorrectly.

Also, in the same issue photos on the front page were provided by Leanne Moses.

Spoke regrets these errors.

### O Canada



An estimated 150,000 Canadians converged at Montreal's Place du Canada in the downtown core Oct. 27 on a mission to keep the Canadian confederation intact. The "No" side won the Quebec referendum on sovereignty. (Photo By Sean Finlay)

## German group visits Conestoga

By José Compta

A 15-member German delegation visited Conestoga to evaluate the college's apprenticeship and training programs for possible application in their industries.

Doris Pfeiffer, head of vocational training at Darmstädter Volksbank eG in Darmstadt, Germany, said she was interested in talking with Conestoga students, finding out about their backgrounds, why they are in their current programs and what they plan on doing after they graduate.

Pfeiffer said she was impressed by the training programs in some Canadian companies, especially by the Royal Bank, where they have a training manual of more than 200 pages. They give every employee from 20 to 40 hours of training per year, she said.

"In Germany we have a good education system, but people seem to forget about it," said Pfeiffer.

Manfred Königsdorff, manager of the training department at Rober Bosch GmbH in Hildesheim, Germany, and leader of the visiting delegation, said this group consists of representatives from different types of companies. He said some of the biggest companies involved are Mercedes Benz and Bosch.

The group also includes people from smaller industries and from the banking community. Königsdorff said they were here to study the type of training done in Canada and compare it with what they are doing in Germany.

Members of the delegation said they were impressed with the Doon setting, its cleanliness and upkeep, as well as the students' behavior. "You provide a good atmosphere," Königsdorff said.

Andreas Vogt, head of the personnel department at Autohaus E. Holzhauser in Bad Kreuznach, Germany, said he likes the information given by Hans Zawada, chair of technology, trades and apprenticeship and by Larry Rechsteiner, director of international studies at Conestoga. "They accommodated

us with our personal need to visit banks and other types of companies. They filled us with information from morning to night. Sometimes we got so much information that it was difficult to assimilate."

Vogt said there were many reasons for this trip such as meeting new people, getting new ideas and seeing the teaching and training systems in another country. "Although the employers covered the expenses, some of the members of this group had to use a portion of their vacation time to come on this trip," said Vogt.

The delegates were able to interview several students in a casual way and were impressed by their friendliness, said Vogt.

The German delegation is sponsored by the German government and they come from several parts of the country including the former East Germany. They spent one week in the Kitchener-Waterloo and Guelph area and the following week in the Vancouver.



A 15-member delegation representing several German companies toured Conestoga College's Doon campus Oct. 30 during its one-week visit in the Kitchener-Waterloo and Guelph areas. The trip was sponsored by the German government . (Photo By Jose Compta)

### **Career Corner**

By Marilyn Snyder

### Did you know?.....

Student Employment/Co-op Education Services has a **RESUME SERVICE**. You can now have a professional resume prepared on-campus, at affordable prices. From your draft copy, we will format your resume, word process the information and laser print copies on your choice of high quality paper. Come in to view the different formats and check our prices.

DRAFTING YOUR RESUME

Writing a resume, as Yana Parker states in her Resume Catalog, is like "creating a work of art" or "like a sculpture: you keep building - chipping away here, moving this over there, trying out another word or phase or arrangement - until, voila, it works!"

"It's like a flattering snapshot: capturing

you at your best." It identifies .. What makes you tick .. What motivates you .. Where your hidden or not-so-hidden talents are .. What you've done that makes you feel proud.

A resume tells potential employers what they really need to know: what's special or unique about you. By putting a lot of thought into your resume, you can show the employer why you can be the best candidate for the job and how their company will benefit by hiring you.

For tips on resume writing drop into: Student Employment/Co-op Education Room 2B04 - Doon campus

## CAMPUS NEWS

## Off on the right foot

## Proposed foot patrol discussed at Board of Directors meeting

By Amy Wrobleski

The Board of Directors (BOD) discussed the possibility of having a foot patrol on campus at the Tuesday, Oct. 24 meeting.

The proposed foot patrol would escort students around the campus and to their homes off campus after hours.

The system would be similar to that used on university campuses and would rely on volunteers.

Campus security and students of the law and security administration (LASA) program support the foot patrol proposal. LASA students are required to do volunteer work as part of their program. A foot patrol would be an added option.

The BOD will examine the legal considerations and the systems used on university campuses.

The BOD also elected a new chairperson at the meeting. Broadcast, radio and television student Adam McCarthy was elected chair by secret ballot.

The BOD also talked about the DSA hotline.

Students and faculty can phone capital purchase. The existing and listen to upcoming entertainment and activities. So far the DSA has had difficulty updating hotline information. However, once problems are worked out, news information will be updated weekly and events will be updated monthly. The number is-748-5220 ext. 8DSA (372)

The year-end audit for the DSA was also discussed at the BOD meeting. Tim Suther from BDO Dunn Woody presented the 17page statement and reported that "everything is in good shape". Suther said DSA assets went up almost \$35,000 from last year, while liabilities went down.

Also, a new computer will be purchased to aid in drug plan entries. The new computer will be a 486SX system and will replace the old 386 system which does not have sufficient memory storage. After discussing the possibility of upgrading the existing computer, it was decided it would be cheaper to buy a new com-

Money for the computer will come from the cash reserves as a computer will be used in the DSA president's office.

BOD members will investigate whether the level of student interest warrants a directory.

The directory would include phone numbers for DSA members and those from the student body wishing to be included.

Concerns were raised regarding prank calls and how to keep the list up to date.

In addition, BOD members discussed the possibility of aquiring an air hockey table for the student

The table would be used on a trial basis and on contract from

The likes and dislikes of the table will be discussed at the next BOD meeting.

Finally, the BOD reviewed the issue of having a post box on

The issue has been raised before but there wasn't enough traffic to warrant it. It was suggested to put a mail slot at the book store.

The issue will be discussed with Canada Post.

### Ring bearers



Second-year law and security students Anj McCool (right) and Josie Green compare two school rings Thurs., Oct. 26 in the (Photo by Heather Milburn Graham)

## Local engineering society chapter elects committee

By Kean Doherty

Forty-five student members of the Conestoga College chapter of the Society of Manufacturing Engineers (SME) packed the SME room to hold its annual election on Friday, Oct. 27

Faculty adviser Stelian George-Cosh presided as six students were elected to various positions within the student chapter.

This election addressed the need of the student chapter for leadership as it hasn't held an election in two

George-Cosh raised a chuckle when he did not use inclusive language when talking of nominating a "chairman". "It's not gender-specific," he said.

Second-year engineering student Ben Snyder won a close vote to claim the title of chairman.

Other members elected to committee positions were: Scott French, chair-elect; George Toth, vice-chair; David Clubine, treasurer; and Gwen Finhert, secretary.

These elected members will be responsible for ensuring members pay dues and have access to the myriad of services the international society offers.

Members are entitled to preferred rates on registration for SME conferences, expositions, seminars and clinics.

They are also provided with the latest in information from engineering society magazines, books and videotapes.

The Conestoga chapter of SME is one of 250 student chapters around the world and part of the international society that boasts 300 chapters with 75,000 members in 70

The society was formed in 1932 and sponsors about 200 functions ranging from major expositions to clinics.

The society also offers postgraduate training at its Manufacturing Engineering Certification

Conestoga College joined the society in 1989 and this year has its highest membership since inception, with 45 students as SME members.

George-Cosh said the turnout for the elections was a pleasant sur-

He told the electees that, initially, they would find it hard organizing themselves, but that they would be "very proud, once they got started.'



Remembrance Day Service (DAY & TIME TBA)

Please see April in the DSA office for meeting information or to drop off your ideas.



The local union of the Society of Manufacturing Engineers (SME) elected its student committee on Fri., Oct. 27. Seated are, from left: Faculty ad r Stelian George-Cosh, secretary Gwen Finhert and treasurer David Clubine; standing are, fror ...ft: vice-chairman George Toth, chair Ben Snyder and (Photo by Kean Doherty) chair-elect Scott French.

## OutSPOKEn Opinions

"Keeping Conestoga College connected"

299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4 Phone: 748-5366 Fax: 748-5971

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Advertisers in SPOKE are not endorsed by the DSA unless their advertisements contain the DSA logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space.

Unsolicited submissions must be sent to the editor at the above address by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a WordPerfect 5.0 file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

### Conestoga corner



By Steve Tuckwood

### As the printer gently weeps

I am by no means a tree-hugger, but nothing sickens me more than the amount of paper I see wasted and lying in recycling bins in the various labs throughout the school.

In university I was forced to pay for every computer generated copy I produced on every terminal throughout the entire school.

I had one login code assigned to me and without that code I could not access any of the computers on campus.

The problem I see here is that students nor faculty are held responsible for the amount of paper they waste.

Some instructors still insist on the inclusion of a useless title page with every

This practice is completely asinine.

I wonder if the students are the same people who complain when their tuition

The answer is a rather simple one.

Why doesn't the school, riddled with computer students, come up with a system that issues everyone a personal login code and charges them for the number of

I understand some programs use more paper than others, but this is something that could be taken into account, and accordingly budgeted for. Perhaps a login code based on the program you belong to would be a proper way of going about

This would eliminate the lazy people who print four or five copies of their assignment because the first three contain typos or grammatical errors.

People become much more motivated to get things correct if their errors are going to cost them money.

Laziness is invading us all and the practice of holding individuals responsible for something even this minute may motivate people that extra bit and aid in making them every employer's dream - efficient. With paper quickly becoming one of the costliest resources in the world, this

ignorant act of wasting paper is no longer only environmentally expensive. A personal login code would charge the culprits not the masses.

The personal login number has been going on at universities for a long time now. Why do we seem to be so far behind this far from new idea?

If we calculated how much the school spends on paper in a year we just may find a way to cut tuition costs slightly.

But how would anyone figure that out?

They are too busy filling the recycling box with assignments riddled with



Just a thought



By Leanne Moses

### There's no life like it - thank goodness

There is nothing like the life of a student.

You eat Kraft dinner practically every night. You have to sponge off relatives and friends to make ends meet.

You are subjected to noisy parties, loud stereos and late hours.

You drink copious and unhealthy amounts of brewed or distilled beverages.

There are probably other advantages, but these would seem to be the main ones.

But there are drawbacks too. Ketchup soup is one that springs quickly to mind.

Ketchup soup? That is what you make when your OSAP runs out and you have to make dinner from what is left in your fridge; usually the main staples like ketchup, vinegar, salt and pepper.

Another drawback is people (and also parents) expect very little good to come of a chance encounter with a student.

Right away, because you have actually paid money for the privilege of endless nights of homework, the agony of exams and long hours in a lab staring at a computer screen makes you a suspicious character in some people's minds.

The best option to combat this negative attitude to you and your kind is not to fight it, but to live up to it.

For instance, don't attend all your classes just because teachers expect you to be there. You might raise their expectations to an unrealistic level.

If you must go to class, be sure to be late. It makes a statement.

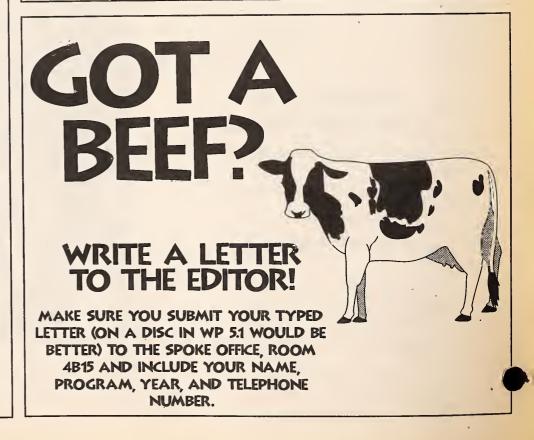
Under no circumstances should you put anything but garbage in the recycling bins. If you need to put recyclable materials into the bins, pay no attention whatsoever to labels.

Remember that no student in his or her right mind (and lets face it, what student is?) should summon that ounce of ambition to clean up after eating in the cafeteria. No doubt, your mother is lurking around to do it for you.

And if you can summon an ounce of ambition, for heaven's sake, quit school and get a

There's probably other important stuff, but that's the most important.

Besides, my Kraft dinner is getting cold and my beer is getting warm.



## TAKING SIDES

## Do you think the college should get involved with fund-raising?

## College and students should donate time

By Scott Donnelly



Conestoga College students have been raising money for different organizations like the United Way and the food bank for years. It may sound selfish but it is time we started helping ourselves.

Fund raising is a good idea that will benefit both the school and its students.

With reductions in government funding expected, the college will be looking at cutbacks in all areas. That will make it difficult for the school to sustain its current standards. Just as the less-fortunate people in our community need help to maintain their standards, so does our school.

By raising money on our own we can help ourselves by counteracting these cuts and even exceeding them. This will ensure that our facilities and faculty remain at the high standards we enjoy today.

It's just like raising money for the United Way. We are helping different parts of our community and making it a better one. Well, Conestoga College is also a part of the community and we can make it better through fundraising

After the initial set-up costs, the fund-raising office would be self-sustained (be funded by money it raises) so there is no extra cost to the students.

Aside from the financial benefits though, fund-raising can be a great deal of fun. Games, events, poster sales, whatever ideas the organizers come up with usually translate into fun for the students

And if there is one thing we need more of, it's fun.

Another thing students at Conestoga need more of is interaction and participation in school-sponsored events.

Again, fund-raising will accomplish this by allowing students to meet new people and make new friends.

Shinerama is a great example of the kind of school spirit that fund-raising can invoke. Students participating, having fun and meeting new people is all for a good cause.

The size of the college's student body will mean that fund-raisers have access to more people for fund-raising. And who better to have access to than enthusiastic, energetic and creative college students?

By getting corporate sponsors for some of the fund-raising events the college makes valuable ties with local businesses. Having our name attached to these events will be very good publicity for the college.

Students and faculty should look forward to fund-raising and participate in any way possible, not only for fun but to make Conestoga a better school.

## campus comments



"It's a good idea as long as the students get a chance to say where the money is spent."

Adam McCarthy broadcasting

"It would certainly get the participation factor up. Participation is a lot different at universities that do it."

Steve Quehl civil engineering





"With shrinking budgets we're going to have to go out and get money elsewhere."

Jim Gowland business faculty

"If money is more student directed it would be okay.

But we pay so much to the school already."

Althea Atkins nursing





"Yeah, as long as the money goes to the right place."

Keith Duncan engineering technology

"For some people it will be okay. As long as all the fundraising is voluntary."

Trisha Dykstra nursing



Do you have any topical questions you want straight-forward answers to? Send them to the editor or staff in Room 4B15, or call SPOKE at 748-5366.

## College fund-raising becomes redundant



By Heather M. Graham

Fund-raising at the college level is a good idea in theory but not in reality.

This is largely the fault of the government's allocation of funding to the colleges.

Such funding is based on projection budgeting, which basically means guessing the amount of money the college will need, based on the previous year's budget totals.

To ensure the college receives the same amount each year it must spend every dime that is allocated to it. This is where fund-raising becomes redundant.

If Conestoga College raises money through fund-raising it runs the risk of receiving less funding from the government.

Since there is no guarantee the college will be able to raise the same amount of money every year through fund-raising, it seems silly to jeopardize the only true funding it receives.

It would add a large amount of stress to college administration if fund-raising became mandatory as opposed to voluntary.

Let's look at an example.

Say the college earned a significant amount of money through fund-raising. This money has to be declared to the government.

So, at the end of the year all government funding that is not spent is put back into the pot to be re-distributed.

However, due to the incredible fund-raising efforts of the college the government allocates less money expecting the college to make the rest up through fund-raising.

Well, now we're in a real pickle because college enrolment significantly declines in the following year causing unforseen budgeting

This is because neither government funding nor fund-raising allows the college to save money.

It's just not the way it works in the real world.
Well, at least not in Ontario.

It is a case of substituting government funding with community funding.

It's a gallant effort for institutions like Conestoga to attempt taking on the responsibility of funding themselves.

But the reality is that the college could not run without government funding.

Yes, we want to be able to maintain our facilities and the current level of education, but we cannot counteract government policies.

There is no doubt our government is going to decrease funding allocations to post-secondary institutions in coming years. We have already witnessed a huge decrease in transfer funds to these institutions.

Let us not add insult to injury by creating a situation where our selfless efforts become detrimental to our cause.

YES



## Sarah Leitch elected as new alumni president

By Leanne Moses

The alumni student association has a new president.

Sarah Leitch was elected at the annual general meeting on Oct. 16. Leitch graduated from the business administration program in accounting in 1988. She has been involved with the association for three years, first as co-chair of the membership services committee. Last year, she served as second vice-president.

Leitch said she became involved with the alumni association at the suggestion of Mary Wright, manager of student employment, co-op education and alumni services.

"I have been in touch over the years with the college for various reasons," she said.

One of those ways is in her role on the Program Advisory Committee (PAC) which she has been on for the past three years.

She said she likes having input into the program because she knows what the program was like and wants to be able to help gear the program to make it as practical as possible for students.

In many cases, the instructors have been out of the business community for years, she said, and the

PAC keeps them in touch with changes to the business industry.

Leitch is controller of K-W Optical Limited, a national wholesaler and manufacturer of prescription contact lenses, at their corporate head office in Waterloo.

"If a student came to me and asked me for a job, there are certain things I would be looking for. If some of those things aren't being taught, I can advise the faculty." Leitch said this is especially important with regard to computers and the quickly changing environment

Leitch said she had three good years as a student at the college. "I enjoy putting my time back into the college because I got so much out of it."

"I have kept my finger on the pulse of the college."

One of the good things about being involved with the alumni association, she said, is she hears things about other students.

"It's a great grapevine."

Leitch said she is looking forward to her role as president. She said she wants to continue the focus on making the alumni body aware of the association and to concentrate on keeping in touch with the more than 17,000 alumni.



Sarah Leitch (left), president of the Alumni Student Association, took over from Monica Himmelman, past president, on Oct. 16. She plans to focus on making the alumni body aware of the associations services. (Photo by Leanne Moses)

### OSAP NOTICE

SOCIAL ASSISTANCE RATE REDUCTIONS

IF YOU, OR YOUR SPOUSE, OR YOUR PARENT, WILL BE RECEIVING A REDUCED RATE OF SOCIAL ASSISTANCE EFFECTIVE OCTOBER 1995, YOU MAY APPLY TO BE REASSESSED FOR ADDITIONAL OSAP FUNDING PLEASE FORWARD TO THE FINANCIAL AID OFFICE:

- A COPY OF YOUR SOCIAL ASSISTANCE STATEMENT SHOWING THE REDUCED RATE.

OF

 ANY OTHER OFFICIAL DOCUMENT FROM SOCIAL SERVICES THAT INDICATES THE ACTUAL AMOUNT OF THE REVISED LEVEL OF ASSISTANCE.

AND

- A BRIEF NOTE, THAT INCLUDES YOUR STUDENT NUMBER, REQUESTING A REVIEW.

PLEASE HELP US TO HELP YOU BY PROVIDING ALL OF THE ABOVE.

NOTE:

YOUR SOCIAL ASSISTANCE CASEWORKER WILL BE REQUESTING AN OSAP ASSESSMENT SUMMARY. THESE ARE NOW AVAILABLE. YOU MAY PICK THEM UP IN THE REGISTRAR'S OFFICE.

**ATTENTION** 

STUDENTS AFFECTED BY FAMILY BENEFIT CUTS DISCUSSION FORUM

(IDEAS and ACTION)

WHEN:

Wednesday - November 8, 1995

TIME:

3:30 - 4:30

(COME WHEN YOU CAN, LEAVE WHEN YOU MUST)

PLACE:

2A63

ORGANIZED BY:

DOON STUDENT SERVICES

# V.I.P./C.I.P.

## Is Coming to Doon Campus

Wednesday, November 15, 1995

At VIP/CIP, more than 2000 senior secondary school students will explore their post secondary options. Through displays, workshops, demonstrations and tours, the Conestoga College community will be working together to provide a positive and informative experience for our guests.

If you're interested in volunteering (or receiving more information)

Call Gail Smyth, ext. 473, Liaison and Information Services

Let's roll out the carpet!



### **CONESTOGA LIFE**

# Student fights cuts to welfare benefits

By Samantha Craggs

Mike Harris's Conservative government has made a lot of recent cuts to social services, and Conestoga student Andrea Robinson is determined to fight back.

Robinson, a first-year social services student, is joining forces with another Conestoga student to write a letter of protest to Harris.

Robinson said in an interview she began to see the effects of the cuts when she lived in a low-income neighborhood in Guelph.

She said she joined the Onward Willow Management Board after they helped her work through personal problems, and she began working for the board as a community home visitor.

While working at Onward, she said she became a member of the NDP-based Social Assistance Advisory Committee which disbanded with the election of Harris.

The committee consisted of social assistance recipients, professionals, minority groups and the physically disabled, said Robinson.

She said the group's main function was to act as an advisory committee to the government.

Robinson said the group publicly resigned when it learned of Har-

ris's plans to make drastic cuts to social services.

"Our job was to provide advice to the Minister of Community and Social Services," she said, "but it was a conflict of interest to provide advice on how to implement the cuts. How could we help the government hurt the people we were representing?"

Robinson said she had always wanted to go back to school, but didn't know how tough it was going to be with the cutbacks.

This forms the basis of Robinson's letter. She said Harris is not giving any leeway to those who are in work programs or school who aren't earning money but are in training for jobs.

She said these cuts are forcing people to quit what they've already started because they can't afford it.

"The whole premise of this government is so-called common sense," Robinson said. "The way I see it, their common sense isn't our common sense."

She said forcing people to quit what they've started makes them more dependant on the system and without qualifications, they feel hopeless.

She said this is what she hopes to remind Harris of in the letter, and



Andrea Robinson, a first-year social services student, is determined to make herself heard by the new provincial government about her views on the recent cuts to social services.

(Photo by Samantha Craggs)

she hopes to mail the letter in a couple of weeks.

Robinson said she doesn't expect a reaction from the letter.

"This government has made it loud and clear that they don't care what the opinions are," she said.

"They have set their agenda and they're not willing to listen." Robinson said she is also sending

Robinson said she is also sending copies of the letter to members of the opposition who are willing to listen.

The letter has to be written, Ro-

binson said, because if it's not the government will assume everyone's okay with the cuts.

"If I know that I've made myself heard, then I can say I've done my part and they've chosen to ignore it," Robinson said.

Robinson said the government is assuming everyone on social assistance is lazy, but if people could do it on their own they would have a long time go.

She said most people on social assistance hate it because it's la-

belling and discriminating.

She said she is a member of the Guelph Coalition Against the Cuts, Onward Willow Management Board and the Brant and Waverly Neighborhood Groups, but she still has to stay focused on school so she can keep moving forward.

"To me, this is a very serious issue, not because it affects me personally but because it's a matter of integrity and what's right," Robinson said.

### **Pool Shark**



DSA EXECUTIVE COMMITTEE MEETING SCHEDULE 95/96

DSA organized the event and offered a pool cue as first prize

to entice participants.

(Photo by Lise Eleanor)

MONDAYS
3:30 PM
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Students are
welcome to attend.

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## Developing self-esteem takes patience

By Jeannette Cantin

Five self-esteem workshops are currently being offered through student services.

Joan Magazine and Helen Brown organized the 10 hours of workshops, which were scheduled to begin Oct. 31 and run Tuesdays until Nov. 28. They are offered in two-hour segments and designed to help people needing to improve their self-esteem.

A loss of confidence, heightened sensitivity to criticism, poor body image, feeling of social ineptitude and failure to acknowledge personal accomplishment may all be signs of a low self-esteem, Magazine said in an interview.

Teenagers, she added, are exceptionally vulnerable. Peer pressure can place a teenager's self-concept and esteem on the line regularly.

A common problem especially for women is poor body image, Magazine said.

Unfortunately, this can lead to eating disorders and therefore have serious health consequences.

One of the side effects of low self-esteem can be a disregard for personal well-being.

Often, a person will feel he or she doesn't deserve to have good things happen, Magazine said.

While some self-esteem problems may be rooted in childhood, a period of low self-esteem may also be situational.

Magazine said a relationship problem or unexpected set-back can undermine self-confidence.

However, she said, experiencing a loss of self-esteem, no matter what the cause, can take time to repair. Regaining a sense of confidence takes work.

Magazine stressed the work-

shops are meant to be a starting point for change as opposed to a quick-fix.

Set in a group situation, the workshops help pinpoint areas which can be improved through behavioral changes. These must be consciously incorporated into a personality.

Practising self-caring and love is also an important component of the workshops.

Often, esteem-damaging thought patterns have been present since childhood, Magazine said. That translates into years of practise that has to be undone.

Magazine said the group atmosphere allows participants to share ideas and encouragement. Magazine also benefits by being a part of the group, she said.

"It's a positive emotional experience to be involved with people trusting and learning from others."



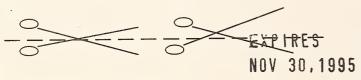
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10:05 am
The Sanctuary
(Sorry, Lounge CLOSED)

for all other activities.)
For more info. see Gavin or

For more info. see Gavin or April at the DSA Office.

## **Nutritional** cents

### Cafeteria tries to mix value with selection

By Linda Yovanovich

Eating on campus is a part of everyday life for some students and staff at Conestoga. After a while the cost adds up. However, the price of food served in the cafeterias at Doon is decided upon by the upper management of Beaver Foods.

Beaver Foods unit manager Gerry Langis said in an interview, he realizes students are on tight budgets, but not much can be done because the prices for most items are determined by the district manager.

However, Langis does have some say in the pricing of the Wednesday specials. "We try to give as much value as we can."

"Sometimes we get people complaining about prices but there isn't a lot I can do about it."

Gerry Langis
Unit manager, Beaver Foods

Although, he has a budget to follow as well. "Sometimes we get people complaining about prices, but there isn't a lot I can do about it. We price our products (according) to our costs. We have a substantial staff that must be paid."

Langis said he's hesitant to say there are any new plans for the cafeteria, although there is always the desire to add more. He said he would like to see the cafeteria bring back a daily special instead of just one per week because it offers students the option of a hot, nutritious

A higher number of students means food services can serve more of a selection, he said. While the number of students on campus has been increasing, such an idea does not look feasible at this time, he added.

As an example, Langis said there has been a decline in the sale of coffee and muffins in the cafeteria downstairs since Roaster's opened. Roaster's, the coffee shop by Door 4 on Doon campus, was a new addition this September to Conestoga's food services. It is a concept Beaver Foods has had for over three years,

said Langis.

At Roaster's, as incentive for people to use their own mugs, five cents is taken off the cost of any size coffee. This five cents covers the cost of the cup, Langis said.

Alongside Roaster's, the main cafeteria at Doon has added Taco Bell to its selection of eateries. Langis said there has been a good response to the new selection of tacos, burritos and nacho chips. "It

has gone over better than expected," he said.

Langis added that it is the taste of the students which determines what is put in the cafeteria. "You (the student) dictate what we put in the cafeteria. We're here to try to supply the demand ... to keep everybody happy." He adds that Beaver Foods is open to suggestions about what is good and what can be improved in the cafeterias.

### New breed of teacher



Steve Wolfe, a second-year law and security student, keeps a tight leash on Syrano, who is trained by the Metro Toronto Police. Syrano was on campus Oct. 26 to demonstrate canine attack procedures. (Photo by Lise Eleanor)

## Prescription Drug Plan

Refunds and new cards will be available late
October to early
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For inquires see Irene or April at the DSA Office located in The Sanctuary.



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Main Campus



## OFF-CAMPUS

### Seeing the world through rose-colored glasses

## Brantford man finds secret to success in Hippy Heaven

By Samantha Craggs

Ever wonder what it would be like to retire at 35? Ever want to own your own business and be your own boss? If so, Scott Bahry can tell you

Bahry is the owner of Hippy Heaven, a Brantford store that sells everything from hemp magazines to women's clothing.

At 26, Bahry opened Hippy Heaven four months ago and has already tripled his profits.

Bahry said in an interview he got the idea for the store from looking out his window every day and seeing hippies.

He said he worked as a carpenter for a few years and was going to buy a house but instead opened a store.

After getting his wholesaler's license, Bahry said he went to Toronto to buy merchandise and took friends to help him.

Bahry said he has had no post-secondary school education, and doesn't think it would help if he did because all the time put into courses could be put into the store.

"I just bought a cash register.". Bahry said he was sick of working hard for other people and watching them get all the money.

Despite his youth, Bahry said he doesn't encounter any discrimina-

"If you treat people with respect you get it back, and I try to deal with people who are young so I can keep it in the circle.'

Bahry said he doesn't have a business account so he can stay away from red tape. All Hippy Heaven profits go into his own bank ac-

"We did our taxes with five people to offer constructive criticism and one that actually knew what they were doing," Bahry said.

He said he's not worried about going out of business because he's paid cash for everything and the least that can happen is he'll have a going-out-of-business sale and charge what he paid for the merchandise.

If everything keeps going smoothly, Bahry said he will retire when he's 35 and take his sevenyear-old daughter Ashley on a trip around the world. He said he won't be a millionaire, but he'll be able to live comfortably.

"It's a great job. All I have to do is drive to Toronto every three days and shop," Bahry said. "I don't even like shopping. I still haven't bought anything for myself."

Bahry said the secret to a successful business is change, advertising and a catchy name.

"We did our taxes with five people to offer constructive criticism and one that actually knew what they were doing."

owner Hippie Heaven

He said he changes the items in the store every week or so to keep people coming in.

Bahry has advertised on buses, the Six Nations reserve and has sent out fliers.

"With fliers, even on the way to the garbage people are glancing at them," Bahry said.

A good part of running a business is trial and error, Bahry said. He said when he opened he put 1,000 nails in the wall to hang merchandise, and he eventually took 1,000 nails back out.

Bahry said another mistake was going out the first week and buying thousands of dollars in shoes.

"Now I have \$15,000 in shoes and none of them fit me," he said.

"They're all for women."

Bahry said he has plans to open two more Hippy Heavens in Hamilton and Toronto.

He encourages anyone who wants to open a business, to go for it.

He said it's as simple as getting a GST and PST number, finding a space and registering with the city. "Do your research, and find out if it's feasible," he said.

"Don't be naive and buy everything for as cheap as possible. Be

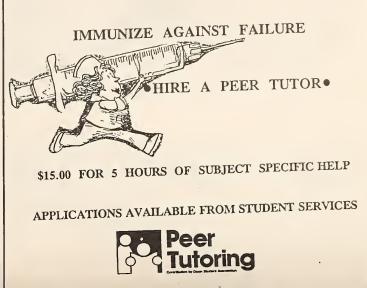
smart, because there's a lot of people who will try to screw you over."

Bahry said the key to success is doing something you know about and believe in.

"If I can do it, anyone can do it," he said.

"It'll be the year 2000 soon, so you can do weird stuff and no one says anything.'

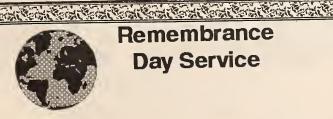
Hippy Heaven, which also does body piercing, is located at 132 Market St. in Brantford.





Scott Bahry (left), owner of Hippy Heaven and full-time employee, Shelley Bloam, are flying high on (Photo by Samantha Craggs) the success of the four-month-old store.





### Remembrance **Day Service**

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Comedian Rick Bronson teased and amused members of the audience during a noon-hour show Oct. 24, in the Sanctuary.

Laugh attack

## Comedian supplies students with laughing relief

By Amy Wrobleski

The student lounge rang loud with laughter as comedian Rick Bronson entertained students at the Tuesday, Oct.24 nooner.

Bronson, who has been a comedian and an amateur magician for 15 years, said he likes to play off his audience during a show.

"Interaction is the internet of comedy," he said. "I play it by ear."

He wasn't kidding.

Typical for a comedian, Bronson's show revolved around issues dealing with sex, drugs and alcohol.

'That's my show," he said. "Sex, drugs and rock and roll."

Shoving a water bottle in and out of his mouth, Bronson made sexual references to male students in

Not sparing the women in the audience, he joked about how women are always right.

Bronson singled out students in the audience like Corey Schneider, an accounting student, by dubbing him "pretty boy" and "stud muffin".

Bronson even went so far as to chase down Schneider and drag him back when he left for class.

Bronson had other favorites to pick on besides Schneider. Other students were tagged "steroid boy" and "Thor."

He also nailed a student from New Jersey for being an American

He left the audience in stitches when he did his impression of Jurassic Park with dinosaur heads on

The highlight of the show was the magic show for stoned people. Bronson did some cards tricks including an act involving taking a playing card out of his pants.

For his finale, Bronson put on a yellow hard hat and sunglasses and lapdanced to YMCA by the Village People in the lap of a protesting Schneider.

Although he has done shows at the University of Waterloo and Wilfred Laurier, it was his first visit to Conestoga and he said he was impressed.

"I thought Conestoga would be small, but it's pretty big" he said. "Any school with a Harvey's is a good one."

The 27 year-old comedian, who hails from Edmonton, Alta, has been on the road for the past month doing 42 shows in 30 days.

## Kristina Abbott "rocks" Phil's

By Kean Doherty

Halloween and a strange assortment of ghouls set the stage for a concert at Phil's in Waterloo by a solo artist who promised something different.

Nearly ruined by some poor sound mixing, local singer-songwriter and Conestoga College robotics student Kristina Abbott put on a short but very eclectic and varied performance.

Sitting at her keyboard, which



Kristina Abbott, a singer-songwriter rocks at Phil's on Halloween night. (Photo by Kean Doherty)

concert review Kristina Abbott

she learned to play without instruction, she remarked to the sparse but uniquely-costumed crowd at Phil's that her music wouldn't blow them away.

She said, though, they shouldn't classify her band with a famous television family band.

"We've been compared to a lot of other female-led groups, but never the Partridge family," said

Abbott then launched into a song called Arrow, which to my ears sounded a little like Sarah McLachlan with an earthier Celtic

She has been chronicled as being a cross between Tori Amos and McLachlan, but her music has a more diverse feel to it.

Abbott's other compilations are put together with her taking the

However, she has taken great pains to include her band and their many talents in her latest endeav-

From Chantal Van Wijk on viola

to Jason Flower beating an African drum called a "Djembe", Abbott's music takes on an international flavor and never falls into the mainstream.

Venue: Phil's

Abbott said in a brief interview after the performance that she has heard the comparisons to Amos and McLachlan, but she refuses to label her music with anything other than "alternative."

"It's alternative music in the true sense of the word," said Abbott. "But I like to think our music is very much like rock music."

She said her performance was overshadowed by the sound mixing problems and was disappointed she couldn't put more feeling in her singing.

"I had to trail off on the high notes to avoid any feedback," said Abbott. "My other concerts have sounded much better.'

Despite her own downplaying of the evening's performance, Abbott's vocal range is stunning and her band put in a strong and quirky effort backing her up.



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## ENTERTAINMENT

### Trick or treat



Residence council president Don Handsor and third floor representative Amy Carroll collect admission at Rodeway Suites'third annual Hallowe'en party. The party, which attracted about 150 students, was held in the Rez's common lounge. (Photo by Samantha Craggs)

### Dance Me Outside a nice change of pace

By Samantha Craggs

Every once in awhile a story comes along that makes ordinary life fascinating. Dance Me Outside has all the characteristics of ordinary life like hangovers, breakups and friendships. The kids in the movie wonder about girls and drink in the parking lot at dances.

What makes Dance Me Outside innovative is it takes place on the fictitious native reserve of Kidiabinesse, where Silas Crowe (Ryan Black) and his best friend Frank Fencepost (Adam Beach) spend their time going to dances, fishing and hanging out with their buddies. Both are trying to write an essay to study auto mechanics in Toronto.

We see life on the reserve through the brutally honest eyes of Silas. He and his friends suffer daily discrimination from the owner of the local bar and punks who jump on Silas's truck shouting war cries.

Everyone's lives are turned upside down after a friend, Little Margaret, is raped and murdered by a white man who is sentenced to two years in jail for manslaughter.

Suddenly everyone is concerned with native issues and Silas and his friends are determined to take acmovie review

Dance M

Dance Me Outside
Starring Ryan Black

tion against Little Margaret's killer. Much of the acting in the movie is choppy and awkward, a prime example being Silas's girlfriend Sadie (Jennifer Podernski). What makes up for it are heart-warming characters like Silas's mentally handicapped brother (Herbie Barnes) and a family friend just released from prison (Michael Greyeyes).

Kevin Hicks is excellent as Robert, Silas's white upper-class brother-in-law.

While the climax is tragic and the premise slightly depressing, *Dance Me Outside* provides lots of chuckles when you least expect it.

Especially humorous is the scene in which Silas and Frank perform a mock tribal ceremony for Robert, complete with ceremonial brew, honorary head dress, totem poles made of old car parts and the "giving of an Indian name."

Director Bruce McDonald does an excellent job working with a mostly-unknown cast.

Movie-goers are likely to pass

over Dance Me Outside because of its boring cover and unimpressive blurb on the back of the box. Most video renters go after big-name movies like Forrest Gump and shun Canadian movies because of their dull content. But Dance Me Outside is one of Canada's finest new movies, and the only one of its kind to explore this kind of territory.

Overall, *Dance Me Outside* is refreshingly simple, calling attention to the little things in life like starry nights and a quiet day of fishing.

It doesn't try to preach values, it just tells it like it is, which is a nice change from the morality-filled movies of the '90s.

For one night, it's worth it to pass over Pulp Fiction and take a look at the normal lives of normal kids.

If you are fond of coming-of-age movies, or just feel like something different, definitely give this movie a try.

If you're like me, you'll probably end up rewinding it and watching it again.

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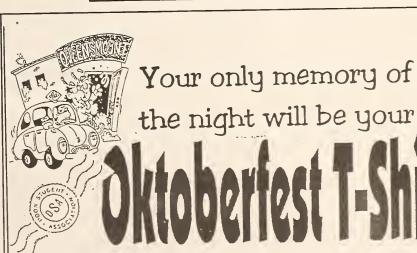
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### Condors settle for bronze

## Women's soccer team nearly Alberta bound

By Steve Tuckwood

"So close" must have been the thought going through the heads of the entire women's soccer team after dropping a 4-3 decision to Seneca in the semi-finals of the provincial championships Oct. 27. A win would have secured a posi-

CONDOR ATHLETIC

tion in the national championships Nov. 7-10 in Medicine Hat, Alta. Coach Geoff Johnstone said the game was one of those classic ones the players will remember for a

"I had men's teams' coaches coming up to me and saying they couldn't believe a women's game

could be so exciting. Johnstone said the team played

their hearts out in the Seneca game - probably their best effort of the

The loss, while taking the team out of the gold medal match, did allow them the opportunity of bringing home the bronze, a feat they man-

A 2-1 victory over Loyalist College in the bronze medal game on Saturday gave the Condors the medal. Goal scorers were Monica Stubgen and Jody Bresinski.

"The Loyalist game wasn't as close as the score was," said Johnstone. "We truly outplayed them."

The victory, led by outstanding defensive play, left the team with a 10-2 season record.

Johnstone said the inclusion of some of the team's younger players, for experience sake, in the Loyalist game worked out all right.

Ontario will send two teams to the nationals tournament due to the absence of Quebec teams this year, a win in the semi-finals

would have put Conestoga there. The 4-3 loss came in the wake of severely inclement weather at Centennial College, where the provincial championships were held.

"We were freezing by the end of the first half. It was wet and cold and really terrible to have to play in."

Amy Olsen

Condor Amy Olsen said she definitely found the weather during the semi-final game a problem.

"We were freezing by the end of the first half," said Olsen. "It was wet and cold and really terribleweather to have to play in."

An unlucky incident occurred in the final two minutes of play when

Varsity athletes of the week

a Conestoga player in advertantly ran into Seneca's goalkeeper resulting in a penalty kick for Seneca. The goal gave them the 4-3 lead with very little time left to play. "We were so close," said Olsen. "I should be on my way to Alberta

Olsen was Conestoga's lone representative on the championship tournament's all-star team.

right now, but it just didn't happen"

Johnstone said the only disappointing part of the weekend was the result in the Seneca game, the rest of the weekend was a great experi-

"The women played so well for over two hours in the cold and pouring rain against a good team, I can be nothing but proud of all of them."

"They fought a real battle in a game they will remember for a long time and came up just short of the big

## Varsity Scoreboard

### Women's soccer

O.C.A.A. Championships Centennial College Oct. 27-28 semi-final action Conestoga 3 Seneca 4

bronze medal game Conestoga 2 Loyalist 1 scorers: Monica Stubgen Jody Bresinski O.C.A.A. all-star Amy Olsen

### Men's Hockey

Upcoming games:

Wednesday Nov. 8 Seneca at Conestoga, 7:30 p.m. Friday Nov. 10 Conestoga at Sault, 1 p.m. Friday Nov. 17 Cambrian at Conestoga, 7 p.m. Sunday Nov. 26 Conestoga at Fleming, 7p.m. Saturday Dec. 2 Conestoga at Cambrian, 8 p.m. Thursday Dec. 7 Conestoga at Seneca, 8 p.m.

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### **Amy Olsen**

Member of women's varsity soccer team



Olsen, a second year Law and Security administration student, was named to the O.C.A.A. womens soccer all-star team at the provincial championships Oct 27-28 at Centennial College.

Olsen helped the team capture the bronze medal at the championships.

### **Tammy Flanagan**

Member of women's varsity soccer team



Flanagan, a second year General Arts student, was a defensive force for the Condors at the provincial championships. Her strong defensive play kept the team in both of its tournament contests. A 2-1 victory over Loyalist brought home the bronze medal for

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Individuals, Student Organizations and small groups to promote SPRING BREAK '96. Earn MONEY and FREE TRIPS. Call the nation's leader, Inter-Campus Programs.

skills http://www.icpt.com - 1-800-661-2369 Essays and Resumes - Need some help with proofing essays and resumes? Do you want some job interview tips? Give me a call at 746-0648. Reasonable

Guitarist available - Singer/rythm guitarist available, looking for a band. Prefers alternative rock but can do anything. call Jason 895-1592.

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